



*"Don't let anyone look down on you because you are young, but set an example for believers in speech, in life, in love, in faith and purity." 1 Timothy 4:12*

Ontario Christian Lady Knights Soccer has a rich tradition of winning and developing great character in our student-athletes. In order to continue to develop both aspects within our program we require all of our prospective players to attend a four day ID camp that will allow us to assess our current athletes, as well as any incoming players that are interested in participating with us. The girls' soccer program consists of both Varsity and Junior Varsity teams that compete in the winter season. To gain the biggest advantage and avoid any unnecessary delays to the start of our season once the new school year begins, the ID camp serves as a way to evaluate each athlete and which team they are best suited to at the current time. **The ID camp will serve as the initial and primary try-out for our teams.** Final rosters will be established once training begins in the fall and athletes may move between levels based on any significant changes in their play. We understand that the summer is a time of relaxation and vacation, however, unless you have a current family commitment, all players who intend to be part of the program in the fall must be in attendance. The ID camp is open to all incoming students, current JV, and Varsity players. Student-Athletes may not participate unless they are currently enrolled at Ontario Christian High for the new school year. One challenge we often encounter is not knowing who all of the incoming players are. Please tell everyone you know about our plans just in case we missed anyone.



### **SUMMER PRACTICE SESSIONS**

Monday, Tuesday, Wednesday, and Thursday June 20 -23 from 5:00 - 7:00pm at the Ontario Christian High School Stadium Field

Please come prepared with appropriate soccer equipment, which includes; cleats, shin guards, socks that completely cover the shin guard, shorts, and a white or grey t-shirt. Also bring something to drink from. Water will be provided. Note that practice starts at the listed times. This does not mean show up at those times and then spend ten minutes getting your gear on. Be ready to play at the listed start time.

We look forward to seeing you this summer. If you have any questions or concerns please contact Head Coach Dave Belden by phone or email. I can be reached at (909) 717-8368 or via email at [dbelden@ocschools.org](mailto:dbelden@ocschools.org).

### **PRESEASON CONDITIONING AND TECHNICAL TRAINING**

Beginning September 19, 2022 and continuing through the start of full training, which will begin in mid to late October, the program will participate in optional preseason conditioning and technical training workouts. Although the workouts are optional we highly encourage all athletes not participating in another OC sponsored sport to be in attendance.

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# HISTORY IS MADE EVERY DAY